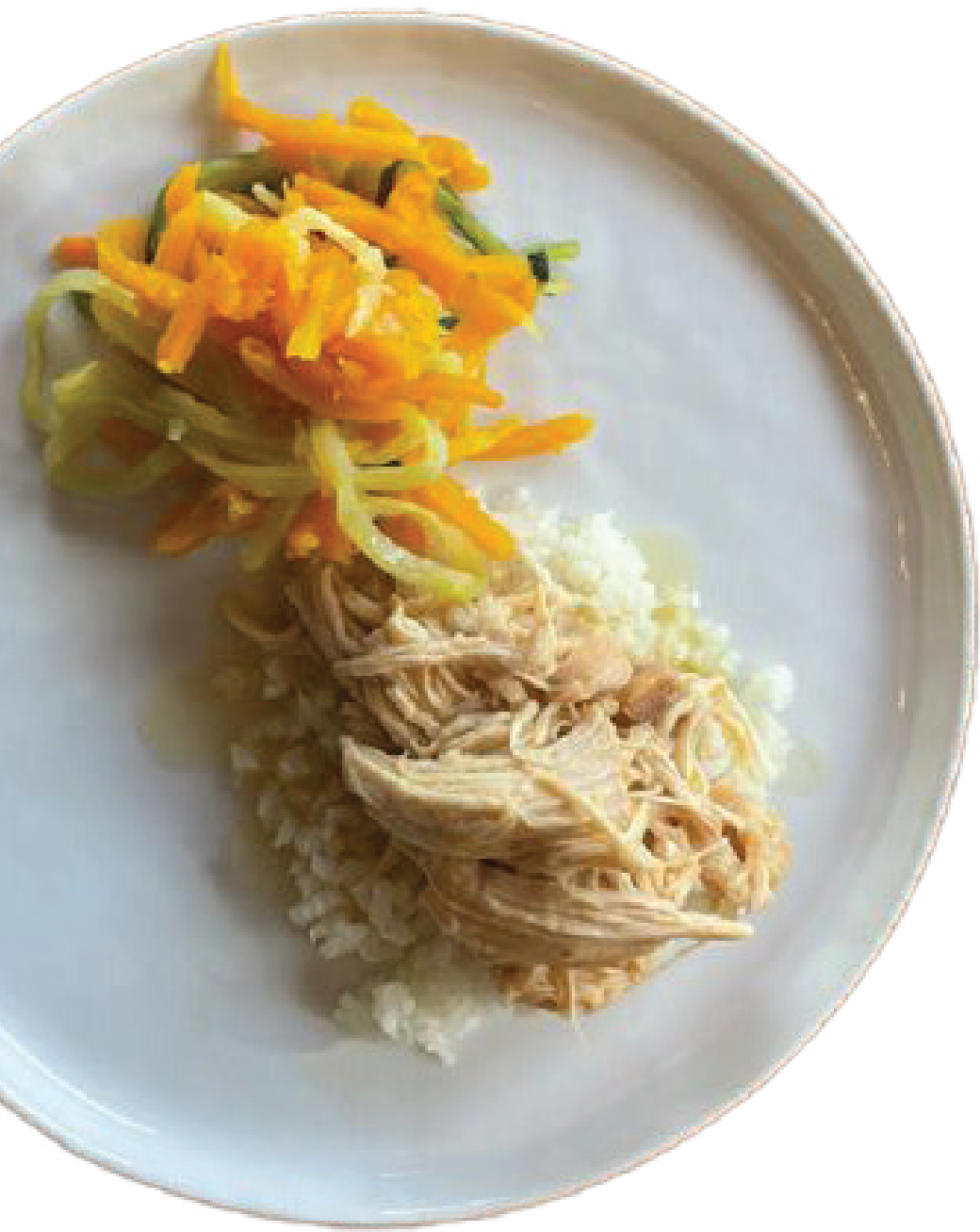


Budget-Friendly Healthy Meal Plan





Grocery List

Proteins

- Eggs, 12-ct. carton
- Turkey bacon, 10 oz.
- Rotisserie chicken
- Ground turkey, 2 1/2 lb.
- Boneless, skinless chicken breasts, 4 lb.

Produce

- Iceberg lettuce heads (×2)
- Red bell pepper
- Avocados (×2)
- Roma tomatoes (×2)
- Gala apples, 3-lb. bag
- Bananas

Dairy & Cheese

- Sliced cheddar cheese, 8 oz.
- Fiesta blend shredded cheese, 8 oz.
- Light mozzarella string cheese, 12-ct.

Frozen

- Frozen zucchini & squash blend, 10 oz. (×2)
- Frozen veggie side (broccoli, green beans, etc.)


Bread & Grains

- English muffins, 6-ct.
- Whole wheat flour tortillas, 10-ct.
- Breadcrumbs, 15 oz.
- Whole grain spaghetti, 8 oz.
- Brown rice, 16 oz.
- Old-fashioned oats, 18 oz.

Canned & Jarred

- Salsa
- Tomato-based pasta sauce, 24 oz.
- Cream of chicken soup, 10.5 oz (×2)
- Low sodium chicken broth, 32 oz.
- Low sodium canned refried beans, 16 oz.
- Lemon juice, 15 oz.

Pantry & Spices

- Onion powder
 - Garlic powder
 - Salt
 - Black pepper
 - Low sodium taco seasoning, 1 oz.
 - Creamy peanut butter, 16 oz.
 - Semi-sweet chocolate chips, 12 oz.
 - Ground flax seed, 16 oz.
 - Honey, 12 oz.
 - Olive oil
 - Cooking spray
- 



BREAKFAST

Grab & Go Breakfast Sandwich

5 servings

Prep Time: 2 min.

Cook Time: 5 min.

Ingredients

- 5 eggs
- 5 english muffins
- 2 1/2 slices cheddar cheese
- 5 slices cooked turkey bacon

Instructions

1. Cook **eggs** in skillet sprayed with cooking spray on medium heat 3 minutes or until set, stirring occasionally.
2. Fill **muffin** halves with egg, **1/2 cheese slice** and **bacon**.
3. Serve immediately or cover and refrigerate.





LUNCH

Taco Salad Bowl With Chicken

4 servings

Prep Time: 15 min.

Cook Time: 30 min.

Ingredients

- 1 rotisserie chicken (shredded)
- 1 medium avocado (sliced)
- 1 head of iceberg lettuce (chopped)
- 1 cup salsa
- 1 red bell pepper (chopped)

Instructions

1. Place the **chicken** on a cutting board and either shred it with two forks or chop it into bite-sized pieces.
2. Divide the chopped **lettuce** among four bowls or plates. Next, add some chopped **red bell pepper** and one cup of shredded or cubed chicken to each bowl. Divide the **avocado**, **salsa** and desired toppings between bowls.



DINNER – MONDAY & TUESDAY

Oven Baked Meatballs

24 meatballs

Prep Time: 15 min.

Cook Time: 15 min.

Ingredients

- 1 1/2 lb. ground turkey
- 1/2 cup breadcrumbs
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 3/4 tsp. salt
- 3/4 tsp. black pepper
- 1 egg

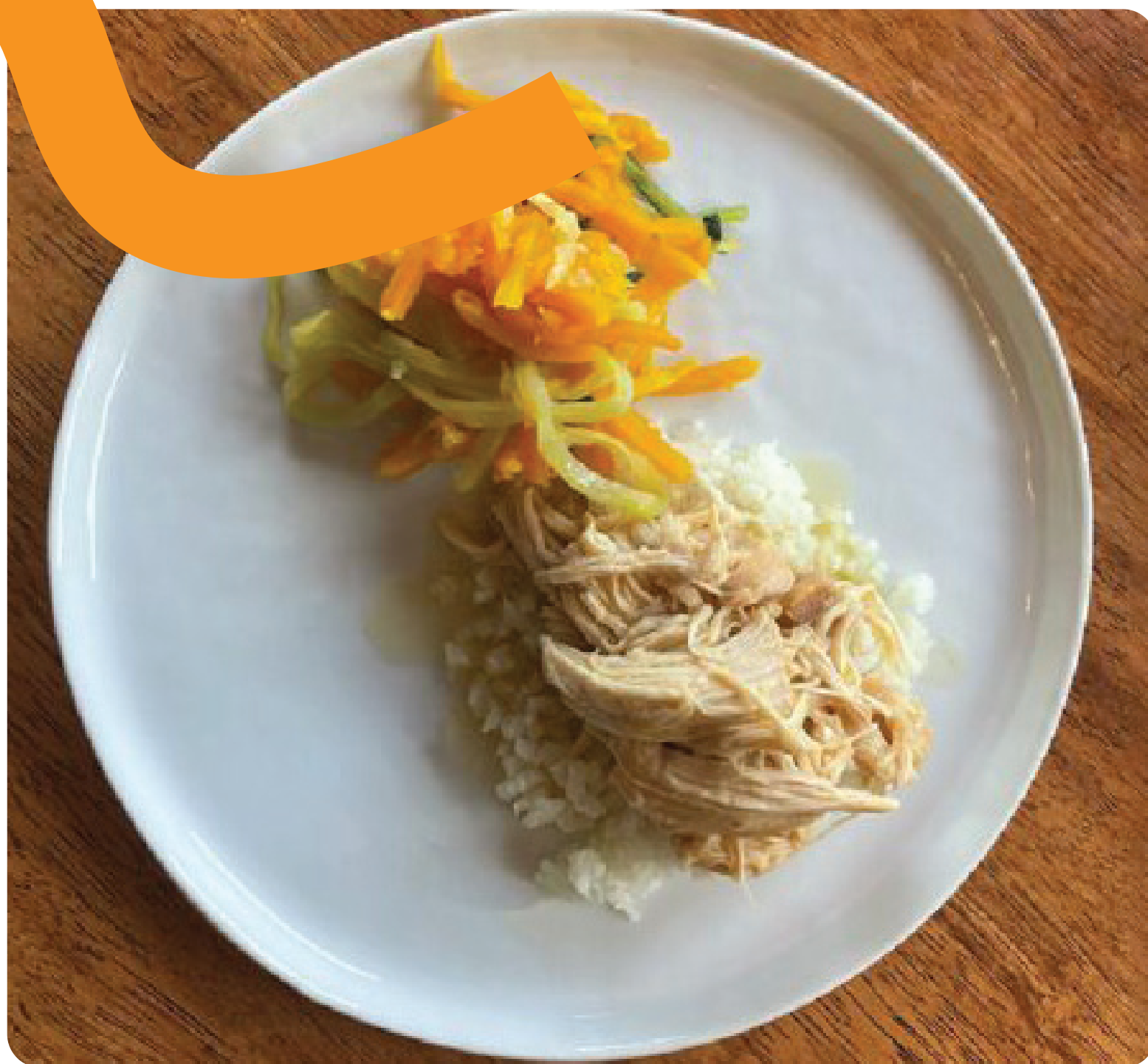
Instructions

1. Preheat your oven to 400°F and line a large-rimmed sheet pan with parchment paper.
2. Add **all ingredients** to a large mixing bowl. Spray a small amount of cooking spray on clean hands and rub it in to keep the meat mixture from sticking to your hands.
3. Using your hands, form the mixture into about 1" round balls. The recipe should form between 22-24 balls. Place your meatballs on the prepared sheet pan and bake for 15-17 minutes, until tops begin to brown.
4. Remove from oven and let cool for a few minutes. Enjoy!

Suggested Additions

Tomato-based pasta sauce, 24 oz.
Whole grain spaghetti, 8 oz.

Frozen veggie side (broccoli, green beans, etc.), 10 oz.



DINNER — WEDNESDAY & THURSDAY

Slow Cooker Lemon Pepper Chicken

8 servings

Prep Time: 20 min.

Cook Time: 5 hours

Ingredients

- 4 lb. boneless, skinless chicken breasts
- 2 cans cream of chicken soup
- 15 oz. lemon juice
- 4 cups low sodium chicken broth
- 2 bags frozen zucchini & squash blend
- Brown rice, cooked
- 4 Tbsp. onion powder
- Salt & pepper

Instructions

1. In a bowl, mix the **soup**, **broth**, **lemon juice** and **seasonings**.
2. Place **chicken** in the slow cooker and pour soup mixture over the chicken breasts.
3. Cook on low for 5–6 hours.
4. Serve over cooked **brown rice**.
5. Steam **frozen veggies** according to bag instructions, and season with salt and pepper to taste.
6. Serve chicken and rice with veggies and enjoy!



DINNER – FRIDAY

Easy Tostadas

8 servings

Prep Time: 15 min.

Cook Time: 10 min.

Ingredients

- 1 lb. ground turkey
- 3 Tbsp. low sodium taco seasoning
- 16 oz. can low sodium refried beans
- 2 medium tomatoes (diced)
- 2 cups shredded lettuce
- 1 medium avocado (sliced)
- 1/2 cup salsa
- 8 whole wheat 8" tortillas
- 8 oz. fiesta blend cheese
- 1 Tbsp. olive oil

Instructions

1. Preheat the oven to 400°F. Heat a large skillet over medium heat and add **olive oil**.
2. Once oil is hot, add **ground turkey** and cook until browned, about 7-8 minutes. Stir in taco seasoning and a few tablespoons of water and cook for 2-3 minutes.
3. While turkey is cooking, add **refried beans** to a small skillet and heat on medium-low heat until warmed through, stirring occasionally to prevent burning.
4. Once the oven is preheated, place the tortillas flat on a sheet pan and place in oven. Cook for 4-6 minutes, flipping halfway through. Once they are toasted, remove from oven and use tongs to transfer tortillas to a plate.
5. When turkey is cooked through and beans are warmed, remove from heat.
6. Use a spoon to spread the bean mixture on top of a tostada. Then layer on ground turkey, **lettuce**, **tomato**, **cheese**, **avocado** and **salsa**.



SNACK OPTION

Peanut Butter Energy Bites

24 bites

Prep Time: 20 min.

Ingredients

- 1 1/3 cup creamy peanut butter
- 1 cup semi-sweet chocolate chips
- 2 cups old-fashioned oats
- 1 cup ground flax seed
- 4 Tbsp. honey

Instructions

1. Combine **all ingredients** in a medium bowl.
2. Place in refrigerator for 15-30 minutes.
3. Roll into 24 balls.

Additional Snack Options



Grab & Go

Light mozzarella string cheese, 12-ct.

Gala apples, 3-lb. bag

Bananas

